

1. What has surprised you the most as this quarantine has unfolded?

The diverse level of response by healthcare workers to help patients survive through the COVID-19 pandemic. First being faced with just trying to understand what was causing so many patients to die from breathing challenges. Once we learned there was this very deadly and contagious virus that was killing not only the patients but also killing some of the nurses, doctors, and other staff members caring for them. To dealing with personal fears, anxiety for self and family. Watching some co-workers give up and leave for their protection, then to many more like myself who demonstrated resilience each day to come and give our best to help patients survive by adapting to new medical protocols for COVID-19 patient care, safety, comfort, and verbal communication to their family members as well.

2. What was your biggest fear?

As a certified nursing assistant (CNA) and frontline worker in a hospital in the Intensive Care Unit/Coronary Care Unit. My biggest fear was for contracting the COVID-19 virus from high risk patients suffering from it. And not knowing what would happen to me or to my family if any of them caught the virus from me.

3. What was the most difficult part of the quarantine?

The most difficult part of the quarantine was spending time alone by myself at home in my room. I was often stressed with high anxiety, fear, and depression over the COVID-19 protocols to wear a mask daily, social distance, and wash/sanitize hands, and objects used, as well as the restrictions for travel that further reduced my ability to interact with family, and friends for face-to-face celebrations, special events, or other gatherings.

4. What are your hopes for the future when this is all over?

For the future , I hope to be a better person who keeps helping others through my work as a healthcare professional no matter what the challenges that may come. I hope the lessons learned about our healthcare system, and the need for adequate training, and equipment

will prove impactful on future generations in the healthcare profession to always have confidence in their ability to meet any challenge that may arise from a health crisis such as the COVID-19 pandemic.

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